



## SPORTS & FITNESS

### Fun-petitive Co-Ed Flag Football (5-10 yrs) \$60

Our FUN-petitive co-ed flag football league is designed to introduce young athletes, under the age of 12 years, to the fast paced sport of flag football. The athletes will play modified games where they develop positive attitudes about themselves, become team leaders, and learn about the sport they are playing all while having a great time! No scores or league standings will be kept. Our league adheres to the mission and vision of the Positive Coaching Alliance. Family involvement is an essential part of our league. Ask how YOU can become more involved as a volunteer. The cost of the league includes a T-shirt, trophy, and END of the Season BBQ.

**Location:** Cataldi Park

No Class 10/11, 11/8, 11/22, 11/29

*Instructor: Staff*

| Course #  | Day | Dates     | Time          | Age  | Mtg. | Loc. |
|-----------|-----|-----------|---------------|------|------|------|
| 212.2.903 | Sa  | 9/20-12/6 | 9:00am-5:00pm | 5-10 | 8    | CT   |

### Coed Badminton BEG and INT - *New Levels* \$58

Learn the fastest racquet sport in town! Basic fundamentals, techniques and skills for badminton will be taught to students ranging in age (6 yrs and up). Classes will be for beginners, intermediate and advanced levels. Instructors will assess your skill level at the first class meeting. Participants must wear proper attire: T-Shirt, shorts or warm-up pants and appropriate court shoes, (no heels allowed on the court). Participants must bring in their own badminton racquet, new birdies and a full water bottle to each class. Food and beverages (other than water) are not allowed in the Gymnasium.

No Class 11/27

*Instructor: Huang*

| Course #        | Day | Date       | Time        | Age | Mtg. | Loc. |
|-----------------|-----|------------|-------------|-----|------|------|
| 212.2.534 (BEG) | Th  | 9/18-10/16 | 6:30-8:00pm | 6+  | 5    | BYC  |
| 212.2.535 (INT) | Th  | 11/6-12/18 | 6:30-8:00pm | 12+ | 5    | BYC  |

### Co-Ed Volleyball - *Returns!* \$68

This great sport never grows old and offers a great workout! This class will have multi-levels of instruction for Beg, Int, and Adv. players and game play. This sport builds great team sportsmanship too.

No Class 11/11

*Instructor: Huang*

| Course #  | Day | Dates     | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 212.2.536 | T   | 9/16-11/4 | 7:00-8:30pm | 14+ | 8    | BYC  |

## Camden Community Center

3369 Union Ave., San José 95124

Phone: 408-559-8553

Fax: 408-559-1203

Contact: Kiersten McCormick

Email: [kiersten.mccormick@sanjoseca.gov](mailto:kiersten.mccormick@sanjoseca.gov)

Contact: Bridget McKay

Email: [bridget.mckay@sanjoseca.gov](mailto:bridget.mckay@sanjoseca.gov)

Bus Lines: 62 and 37

Types of Programs: Adult drop-in sports, adapted sports, fee classes, gym/fitness, rentals, senior, swim and youth programs.

## ARTS AND CRAFTS

### Art Adventures

**\$91**

Children embark on an imagination journey filled with fun and fantasy! In this spectacular course, designed specifically for preschoolers, students experience each of the art disciplines: Creative Drama, Dance, Music, and Visual Arts. Each class presents a different theme with fun and engaging activities. Through this course, preschoolers develop skills to prepare them for the next stage of growth: creative expression, movement and motor skills, socialization, language development and math concepts. From the ocean to the jungle, royal castles to safari scenes, children set off on a course of adventure with costumes, props, music, arts and crafts, and lots and lots of imagination! **The parent participation class is for the registered child and caregiver only - No non-registered participants. \*Parent Participation Required**

*Instructor: C.L.A.P.*

| Course #  | Day | Dates     | Time         | Age | Mtg. | Loc. |
|-----------|-----|-----------|--------------|-----|------|------|
| 382.2.421 | F   | 9/19-11/7 | 4:00-4:45pm* | 2-4 | 8    | CM   |
| 382.2.422 | F   | 9/19-11/7 | 4:45-5:30pm  | 3-5 | 8    | CM   |

### Cartoon Drawing Basics

**\$79**

This class will teach the elements of telling stories with pictures. Students will learn basic cartooning, drawing, and storytelling. The benefit of this class is the development of their imagination, problem solving, fine motor and socialization skills.

*Instructor: Tomasi*

| Course #  | Day | Dates     | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.103 | T   | 9/16-11/4 | 4:00-5:00pm | 7-10 | 8    | CM   |

*Camden Community Center continues on the next page*

# Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.



## ARTS AND CRAFTS

### My First Art Class

**\$47**

Spend quality time with your young child creating art and having fun together! Each week features a new theme with 5 art stations. Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing, dancing and having too much fun. Parents must attend class with registered child only. Wear your grubbies!

No Class 11/26

Instructor: My First Art Class

| Course #  | Day | Date        | Time          | Age    | Mtg. | Loc. |
|-----------|-----|-------------|---------------|--------|------|------|
| 382.2.115 | W   | 9/17-10/8   | 9:30-10:30am  | 18-36m | 4    | CM   |
| 382.2.116 | W   | 9/17-10/8   | 10:45-11:45am | 2-5    | 4    | CM   |
| 382.2.118 | W   | 10/15-11/5  | 9:30-10:30am  | 18-36m | 4    | CM   |
| 382.2.119 | W   | 10/15-11/5  | 10:45-11:45am | 2-5    | 4    | CM   |
| 382.2.120 | W   | 11/12-12/10 | 9:30-10:30am  | 18-36m | 4    | CM   |
| 382.2.121 | W   | 11/12-12/10 | 10:45-11:45am | 2-5    | 4    | CM   |

## DANCE

### Ballet & Tap

**\$91**

Your child will learn both ballet and tap in this fun filled dance camp! They will learn dance terminology, technique, combinations, across the floor moves, and a dance routine that they will perform for you on the last day of the camp! They will also play dance games, do art projects, and more! Tap shoes required.

Instructor: Dance Force

| Course #  | Day | Date      | Time          | Ages | Mtgs | Loc. |
|-----------|-----|-----------|---------------|------|------|------|
| 382.2.200 | Sa  | 9/20-11/8 | 10:15-11:00am | 3-5  | 8    | CM   |
| 382.2.202 | Sa  | 9/20-11/8 | 11:00-11:45pm | 5-7  | 8    | CM   |

### Musical Theater

**\$80**

Learn to perform like your favorite stars in High School Musical! Both song and dance instruction will be covered! Students will learn a great musical theater routine that they will perform for parents on the final class!

Instructor: Dance Arts Academy

| Course #  | Day | Date      | Time        | Ages | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.206 | W   | 9/17-11/5 | 9:00-9:55am | 3-6  | 8    | CM   |

### Princess Pre-Ballet

**\$91**

Calling all Princesses! Come join this magical class as we introduce your child to ballet and creative movement. This class will teach individual steps, across the floor movement and dance combinations. Your child will use fun props while dancing to their favorite princess music and pretending to be beautiful princesses. Parents may stay for the first and last class only. \*Parents may stay throughout the class if they wish, but no siblings will be allowed.

Instructor: Dance Force

| Course #  | Day | Date      | Time          | Ages | Mtgs. | Loc. |
|-----------|-----|-----------|---------------|------|-------|------|
| 382.2.203 | T   | 9/16-11/4 | 3:45-4:30pm   | 3-5  | 8     | CM   |
| 382.2.204 | Th  | 9/18-11/6 | 10:45-11:15am | 3-5  | 8     | CM   |

### Preschool Hip Hop Boogie

**\$91**

Bounce, Jump, and Spin! Your child will love this energetic and action packed class filled with dance and movement activities. They will learn basic hip hop & dance moves to fun kid's music while building confidence, coordination, and rhythm. Movement games will help your child with balance while having a great time interacting with other children. Parents may stay for the first and last class only.

Instructor: Dance Force

| Course #  | Day | Date      | Time        | Ages | Mtgs. | Loc. |
|-----------|-----|-----------|-------------|------|-------|------|
| 382.2.205 | T   | 9/16-11/4 | 4:45-5:30pm | 4-6  | 8     | CM   |

### Kid's Hip Hop & Cheerleading

**\$91**

This class has it all! Yo hild will learn cheerleading motions, cheers, chants, jumps, technique, and how to use pom poms. They will also learn basic jazz and hip hop moves to their favorite music. Your child will perform an in class routine on the last day of the session.

Instructor: Dance Force

| Course #  | Day | Date      | Time        | Ages | Mtgs. | Loc. |
|-----------|-----|-----------|-------------|------|-------|------|
| 382.2.207 | T   | 9/16-11/4 | 5:45-6:30pm | 4-6  | 8     | CM   |

### Dancing Together!

**\$77**

This class is designed to give children the beginning elements of dance in a fun and creative learning environment. With the help of their parent or caretaker, we will use scarves, teddy bears, wands and other props while dancing. The instructor will guide you through listening and moving activities and dances to get you both dancing around hand in hand. **Parent participation required.**

Instructor: Dance Force

| Course #  | Day | Date      | Time          | Ages    | Mtgs. | Loc. |
|-----------|-----|-----------|---------------|---------|-------|------|
| 382.2.219 | Th  | 9/18-11/6 | 9:30-10:00am  | 1.5-2.5 | 8     | CM   |
| 382.2.221 | Th  | 9/18-11/6 | 10:00-10:30am | 2.5-3.5 | 8     | CM   |
| 382.2.208 | Sa  | 9/20-11/8 | 9:15-9:45am   | 1.5-2.5 | 8     | CM   |

### Tiny Tots Ballet

**\$77**

This class is geared for Tiny Tots. Your child will be introduced to ballet and creative movement. This is a FUN class, which is action packed to keep your child's attention. Your child will learn ballet steps, use props, scarves, teddy bears, magic wands, and begin to understand dance terminology. This class is designed so that parents may accompany their child to class if necessary to help with any separation anxiety.

Instructor: Dance Force

| Course #  | Day | Date      | Time          | Ages    | Mtgs. | Loc. |
|-----------|-----|-----------|---------------|---------|-------|------|
| 382.2.231 | Th  | 9/18-11/6 | 11:15-11:45am | 2.5-3.5 | 8     | CM   |
| 382.2.209 | Sa  | 9/20-11/8 | 10:15-10:45am | 2.5-3.5 | 8     | CM   |

### Pop Star!

**\$80**

In this high-energy dance class, you'll be the star of the show! Dance to the music of your favorite teen pop artists. CLAP Arts will provide costuming and accessories such as feather boas, hats, glitter and jewels. We'll even have a fashion photo shoot! This course is aimed at all budding entertainers and will culminate with an exciting performance for friends and family.

Instructor: C.L.A.P.

| Course #  | Day | Date      | Time        | Ages | Mtgs. | Loc. |
|-----------|-----|-----------|-------------|------|-------|------|
| 382.2.232 | Th  | 9/18-11/6 | 5:30-6:30pm | 5-8  | 8     | CM   |
| 382.2.233 | Th  | 9/18-11/6 | 6:30-7:30pm | 8-12 | 8     | CM   |



## EARLY CHILDHOOD RECREATION

### Nature Explorer - **New**

**\$109**

Take an adventurous hike and explore the ecosystem around you! The children will sharpen their creativity, social and motor skills as they take nature walks and enjoy structured activities. Come and explore our big backyard as we travel into the surrounding park to find bugs, jewels and leaf patterns.

*Instructor: Allende*

| Course #  | Day | Date      | Time         | Ages | Mtg. | Loc. |
|-----------|-----|-----------|--------------|------|------|------|
| 382.2.340 | W   | 9/17-11/5 | 9:30-11:00am | 3-5  | 8    | CM   |

### Tiny Tales - **New**

**\$109**

This exciting and educational class incorporates children's stories, art projects and games. The class will read stories, do an art project and a game centered on a theme for the class day. (Theme examples: cars, colors, bugs, flowers) All supplies are included. Please bring a bag lunch.

*Instructor: Allende*

| Course #  | Day | Date      | Time           | Age | Mtg. | Loc. |
|-----------|-----|-----------|----------------|-----|------|------|
| 382.2.342 | T   | 9/16-11/4 | 11:30am-1:30pm | 2-3 | 8    | CM   |

### Time for Twos

**\$89**

Come play with us and meet new friends! Join us for a fun filled hour of crafts, music, singing, games, special activities and stories. This parent/child class emphasizes pre-socialization skills, creativity and circle time activities such as stories and listening games. This class is a one parent to one child activity. No siblings allowed. Food will be provided for any cooking activities.

*No Class 10/13*
*Instructor: Allende*

| Course #  | Day | Date       | Time          | Age    | Mtg. | Loc. |
|-----------|-----|------------|---------------|--------|------|------|
| 382.2.321 | M   | 9/15-11/10 | 10:00-11:00am | 24-36m | 8    | CM   |

### Transportation Fun - **New**

**\$109**

Get your engines going in this action packed class as we learn about the many different methods of transportation. This class is perfect for the tot who is fascinated by airplanes, trucks of all kinds, boats, and cars. In this exciting class your child will get the opportunity to make their very own trucks, cars, and planes. They will also have fun creating large new art pieces! Come and play with us as we enhance our imagination, social, and motor skills through fun art activities and games all centered on transportation!

*No Class 10/13*
*Instructor: Allende*

| Course #  | Day | Date       | Time           | Ages | Mtg. | Loc. |
|-----------|-----|------------|----------------|------|------|------|
| 382.2.318 | M   | 9/15-11/10 | 11:30am-1:00pm | 3-5  | 8    | CM   |

### Wee Threes

**\$172**

A socialization program that emphasizes positive self-esteem, following directions and simple learning concepts. Activities include circle time, music, songs, stories, and arts and crafts. Children must be toilet trained. Food will be provided for any cooking activities. Parents are an important part of the program and will be asked to sign up to assist the Instructor at least once during the session. See schedule the first day of the class.

*Instructor: Allende*

| Course #  | Day  | Date       | Time          | Age | Mtgs. | Loc. |
|-----------|------|------------|---------------|-----|-------|------|
| 382.2.322 | T/Th | 9/16-11/16 | 10:00-11:30am | 3   | 16    | CM   |

### Tots Kitchen

**\$89**

Young ones will have hands on fun while cooking and creating delicious food. Tots will prepare many tasty masterpieces such as fruity snowballs, no-bake cookies, and edible play-doe. Through their food creations, children will improve their fine motor skills, learn about food preparation, and work with numbers. This class emphasizes socialization skills and creativity all centered on no-bake cooking activities. All food will be provided for class projects.

*Instructor: Allende*

| Course #  | Day | Date      | Time            | Age | Mtgs. | Loc. |
|-----------|-----|-----------|-----------------|-----|-------|------|
| 382.2.319 | W   | 9/17-11/5 | 11:45am-12:45pm | 3-5 | 8     | CM   |

### Halloween Fun Fest

**\$29**

Come in costume and join the Halloween Fun with the Kindertots Staff! The children will enjoy Halloween crafts, stories, games, music, and food crafts in a fun, safe, age appropriate environment. **This event is for registered participants only.**

*Instructor: ECR Staff*

| Course #  | Day | Date  | Time        | Age   | Mtgs. | Loc. |
|-----------|-----|-------|-------------|-------|-------|------|
| 382.2.334 | Th  | 10/30 | 4:00-6:00pm | 3.5-6 | 1     | KR   |

### Holiday Playtime Fun

**\$129**

Children will develop coordination and cooperation through active play with parachutes, balls, puzzles and games. Participants will take part in holiday activities, sign songs, and play in an environment that enhances socialization and self esteem.

*No Class 11/27*
*Instructor: Allende*

| Course #  | Day  | Date        | Time            | Age | Mtgs. | Loc. |
|-----------|------|-------------|-----------------|-----|-------|------|
| 382.2.337 | T/Th | 11/18-12/18 | 11:15am-12:45pm | 3-5 | 9     | CC   |

### Kindertots

What a better way to introduce your child to new friends, learning, concepts, and socialization with their neighborhood peers. Weekly themes will be explored through various arts and crafts, stories, songs, games, learning activities and age appropriate learning concepts, including letters, numbers, and skills that will prepare your child for kindergarten. Children must be completely potty trained and able to participate for the whole class time. Children must bring a snack or lunch to each class meeting. Parents may be asked to help with arts and crafts projects, please see schedule the first day of class. Food will be provided for class projects.

### Kindertots

**\$372**
*No Class 10/13*
*Instructor: Morin*

| Course #  | Day   | Date       | Time         | Age | Mtgs. | Loc. |
|-----------|-------|------------|--------------|-----|-------|------|
| 382.2.311 | M/W/F | 9/15-11/21 | 9:00-11:30am | 4-5 | 29    | KR   |
| 382.2.310 | M/W/F | 9/15-11/21 | 1:00-3:30pm  | 4-5 | 29    | KR   |

### Kindertots

**\$239**
*No Class 11/11*
*Instructor: Morin*

| Course #  | Day  | Date       | Time         | Age | Mtgs. | Loc. |
|-----------|------|------------|--------------|-----|-------|------|
| 382.2.312 | T/Th | 9/16-11/20 | 9:00-11:30am | 4-6 | 19    | KR   |
| 382.2.313 | T/Th | 9/16-11/20 | 12:30-3:00pm | 4-6 | 19    | KR   |

### Kindertots Mini-Session

**\$129**
*Instructor: Morin*

| Course #  | Day  | Date       | Time         | Age     | Mtgs. | Loc. |
|-----------|------|------------|--------------|---------|-------|------|
| 382.2.314 | T/Th | 12/2-12/18 | 9:00-11:00am | 3.5-4.5 | 6     | KR   |
| 382.2.315 | T/Th | 12/2-12/18 | 1:00-3:00pm  | 3.5-4.5 | 6     | KR   |





## EARLY CHILDHOOD RECREATION

### Tiny Tots

**\$319**

This class will help your child prepare for Kindertots. Classes are designed to promote independence and improve the child's socialization skills emphasizing positive self-esteem, following direction, and simple learning concepts. Activities include circle times, crafts, stories, singing, and playtime. Child must be completely potty trained and able to attend the class by themselves. Parents will be required to assist the instructor twice during the session. See schedule the first day of class. Food will be provided for class projects.

*No Class 10/13*
*Instructor: La Rose*

| Course #  | Day   | Date       | Time         | Age     | Mtgs. | Loc. |
|-----------|-------|------------|--------------|---------|-------|------|
| 382.2.319 | M/W/F | 9/15-11/21 | 9:00-11:00am | 3.5-4.5 | 29    | KR   |
| 382.2.320 | M/W/F | 9/15-11/21 | 1:00-3:00pm  | 3.5-4.5 | 29    | KR   |

### Wee Threes Mini-Session - **New**

**\$79**
*No Class 11/27*
*Instructor: Allende*

| Course #  | Day  | Date        | Time         | Age | Mtgs. | Loc. |
|-----------|------|-------------|--------------|-----|-------|------|
| 382.2.307 | T/Th | 11/18-12/18 | 9:30-11:00am | 3   | 9     | CM   |

### Time for Twos Mini-Session - **New**

**\$57**
*Instructor: Allende*

| Course #  | Day | Date        | Time         | Age | Mtgs. | Loc. |
|-----------|-----|-------------|--------------|-----|-------|------|
| 382.2.316 | M   | 11/17-12/15 | 9:30-11:00am | 2   | 5     | CM   |

## MUSIC/THEATER ARTS

### Guitar Beginning

**\$85**

Beginning guitar is fun! In this self-paced, no pressure class, you will learn the basic chords, how to strum, introduction to picking and many easy songs to play with family and friends. It's up to you how far you want to go. Come and join the fun. Students must provide their own guitar. No electric guitars please.

*Instructor: Marchese*

| Course #  | Day | Date      | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.725 | Th  | 9/18-11/6 | 5:30-6:30pm | 9-15 | 8    | CM   |

### Guitar, Advanced

**\$85**

This class is designed for those who have already taken a beginners course. You will practice note reading, scales, chords, music fundamentals, and fingerstyle/pickstyle playing techniques. In addition, each class will have music for everyone to play together. There will be an end of session performance.

*Instructor: Gibson*

| Course #  | Day | Date      | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.114 | T   | 9/16-11/4 | 7:00-8:00pm | 9-15 | 8    | CM   |



### Piano Keyboard

**\$86**

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor will be collected at the first class. Students must bring their own set of headphones. Please register your child in their appropriate level, for their age. **Level I** – Beginner level with NO prior keyboard or piano playing experience or lessons. **Level II** – Participant has completed Level I.

*Instructor: Noteworthy Music*

#### Level I

| Course #  | Day | Dates     | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.401 | T   | 9/16-11/4 | 3:30-4:10pm | 6-7  | 8    | CM   |
| 382.2.404 | T   | 9/16-11/4 | 5:45-6:25pm | 8-12 | 8    | CM   |

#### Level II

| Course #  | Day | Dates     | Time        | Age  | Mtg. | Loc. |
|-----------|-----|-----------|-------------|------|------|------|
| 382.2.403 | T   | 9/16-11/4 | 5:00-5:40pm | 6-12 | 8    | CM   |
| 382.2.402 | T   | 9/16-11/4 | 4:15-4:55pm | 6-12 | 8    | CM   |

### Parent and Child Keyboard (Level 1 and 2)

**\$86**
*\* Level 2 Class*
*Instructor: Noteworthy Music*

| Course #   | Day | Date      | Time          | Age | Mtg. | Loc. |
|------------|-----|-----------|---------------|-----|------|------|
| 382.2.300  | Th  | 9/18-11/6 | 10:00-10:45am | 4-5 | 8    | CM   |
| 382.2.301* | Th  | 9/18-11/6 | 10:55-11:40am | 4-5 | 8    | CM   |

## SPORTS & FITNESS

### Adapted Fitness

**\$3 per visit/\$63**

This program, for persons with physical disabilities, is designed to improve cardiovascular health and endurance, increase muscular strength and toning, and refine flexibility and range of motion. Registration information call Therapeutic Recreation Services at 408-369-6438.

| Day   | Date    | Time        | Age | Mtg. | Loc. |
|-------|---------|-------------|-----|------|------|
| M/W/F | Ongoing | 1:00-3:30pm | 18+ | 39   | CM   |

### Family Karate

**\$57 per person**

A good physical activity for the whole family! Class is co-ed and each participant, one child and one adult, is charged the fee. Class promotes healthy activities for family and stresses the importance of exercise. **\$57 is per person.**

*No Class 10-31*
*Instructor: Camp Carter International*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.214 | F   | 9/19-11/7 | 6:00-6:50pm | 5+  | 8    | CM   |

### Fitness Consultation

**\$50 hr. Family/\$35 hr. Individual**

The Camden Fitness Center is fully equipped with both cardio and strength training equipment. Our friendly and knowledgeable staff can design a work out routine to meet your personal needs. Call and book an appointment. 408-559-8553.

| Course #  | Day  | Time    | Age | Loc.           |
|-----------|------|---------|-----|----------------|
| 382.2.731 | M-Sa | Ongoing | 13+ | Fitness Center |

**Fitness 4 Kidz****\$68**

Fitness 4 Kidz is a non-competitive, age-appropriate fitness program that encourages kidz to participate in activities that will improve their physical well-being, and teach them skills to promote better health and better eating habits! The program builds self-esteem by employing "Phat Facts"™ and take-home "Snackivities"™ along with multiple, fun-centered physical activities. Our professional, enthusiastic staff will create a positive, fun environment! Kidz will receive their own set of "Phat Fact"™ and "Snackivities"™ Cards, and include a chance to earn points which will net rewards like Fitness 4 Kidz hats, water bottles, and other fun, fitness accessories. KLS Rain-out Hotline: 1-800-871-2275. **Location:** Camden Community Center.

*Instructor: Kidz Love Soccer*

| Course #  | Day | Date        | Time        | Ages         | Mtgs. |
|-----------|-----|-------------|-------------|--------------|-------|
| 382.2.215 | Th  | 10/16-11/20 | 3:45-4:30pm | Lemurs 5-6   | 6     |
| 382.2.216 | Th  | 10/16-11/20 | 4:30-5:30pm | Meerkats 7-8 | 6     |
| 382.2.217 | Th  | 10/16-11/20 | 4:30-5:30pm | Zebras 9-11  | 6     |

**Karate - Beg./Int.****\$114**

This is a traditional Japanese style of Karate that combines Japanese culture, philosophy, history and language. Katas (forms) and tournament style kumite (sparring) are taught. Class includes self-defense and stresses the importance of self-confidence and mental discipline. Please see instructor for clothing and equipment requirements. An exam fee is additional.

*No Class 10/13**Instructor: Camp Carter International*

| Course #  | Day | Dates      | Time        | Age | Mtg. | Loc. |
|-----------|-----|------------|-------------|-----|------|------|
| 382.2.213 | M/W | 9/15-11/10 | 4:00-4:50pm | 5+  | 16   | CM   |

**Camden Fitness Center**

Our fitness facility is fully equipped for your workout needs. Our staff is available to give you a personal tour of the facility. We also have an adaptive fitness program tailored to meet the needs of persons with disabilities. For more information on our drop in, monthly, yearly rates and fitness consultations call 408-559-8553.

**Hours of Operation:****Fitness Center**

Monday, Wednesday, Friday  
8:15am-1:00pm and 4:00-7:45pm  
Tuesday, Thursday 7:30am-12:30pm and 5:00-8:45pm  
Saturday 9:00am-12:00pm

**Adaptive Fitness**

Monday, Wednesday and Friday 1:00-3:30pm  
(see program information under sports & fitness)

**Fitness Consultation**

Monday-Saturday by appointment  
\$35/per hour-Individual · \$50/per hour-Family/Group 4 people

**Camden Gym Drop-In Activities**

\$5 per adult and \$2.50 per Youth/Senior  
Includes access to gym, fitness center, and locker rooms

**Basketball**

Monday-Friday 10:30am -2:00pm · 2 courts available  
Saturday 9:00am-1:00pm · 1 court available

**Volleyball**

Thursdays 5:00-8:30pm · 3 courts available

**Badminton**

Fridays 5:00-8:00pm · 6 courts available

**Table Tennis**

Saturdays 9:00am-1:00pm · 3 tables

**\*Times and days may be subject to change.**

**Kidz Love Soccer (KLS)****\$94**

Now celebrating their 28th anniversary, Kidz Love Soccer introduced the game of soccer to over 500,000 children since 1979! Kids 3.5-12 years of age learn the world's most popular sport from professional coaches licensed in the Kidz Love Soccer method. Each session includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages conducted in a noncompetitive, recreational format. **Tot Soccer (3.5-4 yrs):** Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting. **Pre-Soccer (4-5 yrs):** Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing, teaching environment. Shin guards are required by the second meeting. **Soccer 1 (5-6 yrs):** Beginning players learn dribbling, passing, receiving, shooting, age specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually. Shin guards are required by the second meeting. **Soccer 2 (7-8 yrs)** and **Soccer 3 (9-12 yrs):** Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situations and venture into the fun tactical side of scrimmaging. Player 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Kidz Love Soccer...where the score is always Fun to Fun! **Rainout Hotline:** 1-800-871-2275.

*Instructor: Kidz Love Soccer*

| Course #  | Day | Date       | Time          | Age   | Mtg. | Loc. |
|-----------|-----|------------|---------------|-------|------|------|
| 382.2.505 | Sa  | 9/27-11/22 | 9:00-9:30am   | 3.5-4 | 9    | CM   |
| 382.2.506 | W   | 9/24-11/19 | 2:45-3:20pm   | 4-5   | 9    | CM   |
| 382.2.507 | Sa  | 9/27-11/22 | 9:30-10:05am  | 4-5   | 9    | CM   |
| 382.2.508 | W   | 9/24-11/19 | 3:20-4:05pm   | 5-6   | 9    | CM   |
| 382.2.509 | Sa  | 9/27-11/22 | 10:05-10:50am | 5-6   | 9    | CM   |
| 382.2.510 | W   | 9/24-11/19 | 4:05-4:50pm   | 7-8   | 9    | CM   |
| 382.2.511 | Sa  | 9/27-11/22 | 10:50-11:35am | 7-8   | 9    | CM   |
| 382.2.512 | W   | 9/24-11/19 | 4:05-5:05pm   | 9-12  | 9    | CM   |
| 382.2.513 | Sa  | 9/27-11/22 | 10:50-11:50am | 9-12  | 9    | CM   |
| 382.2.514 | W   | 9/24-11/19 | 5:05-5:35pm   | 3.5-4 | 9    | CM   |

*Camden Community Center continues on the next page*



## SPORTS & FITNESS

### Mommy/Daddy & Me Soccer

**\$94**

Introduce yourself and your toddler to the "World's Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

*Instructor: Kidz Love Soccer*

| Course #  | Day | Date       | Time          | Age   | Mtg. | Loc. |
|-----------|-----|------------|---------------|-------|------|------|
| 382.2.521 | T   | 9/23-11/18 | 9:30-10:00am  | 2-3.5 | 9    | CM   |
| 382.2.522 | Sa  | 9/27-11/22 | 9:00-9:30am   | 2-3.5 | 9    | CM   |
| 382.2.523 | Sa  | 9/27-11/22 | 9:35-10:05am  | 2-3.5 | 9    | CM   |
| 382.2.524 | Sa  | 9/27-11/22 | 10:10-10:45am | 2-3.5 | 9    | CM   |

### Little Ninja Fitness Fun

**\$57**

This fun filled class will give your child a great workout. Each little ninja will learn basic warm up exercises, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. Check with instructor on uniform, belt testing and certification at the end of the session.

*Instructor: Camp Carter International*

| Course #  | Day | Date       | Time          | Age | Mtg. | Loc. |
|-----------|-----|------------|---------------|-----|------|------|
| 382.2.614 | F   | 9/19-11/17 | 10:30-11:20am | 3-5 | 8    | CM   |

### Tennis – Youth – **New**

Learn to play tennis. Tennis has never been easier to play and learn. By using NEW progression tennis balls and a games-based approach to learning your child will be able to rally the ball in the first hour of the very first class! Weather Condition-check 1 hour prior to class at 408-746-3685 for updated information. If the message is the standard greeting, then class is on. Classes will be made up at the end of the session. **Note:** Adult Tennis listed in Adult Section.

### Mini Tennis

**\$48**

An introductory program for the young athlete. Fundamental ball skills, movement and coordination exercises will be included. Learn NEW tennis drills you can do with your child.

| Course #  | Day | Date       | Time        | Age | Mtg. | Loc. |
|-----------|-----|------------|-------------|-----|------|------|
| 382.2.617 | Sa  | 9/20-10/25 | 9:05-9:50am | 5-7 | 6    | PM   |

### Tennis - RallyBall I & II

**\$63**

Class designed to engage young children in participating in tennis as a team sport, while having fun with their friends and learning basic fundamentals. The program is designed to be beginner friendly. The format includes practice and match time. **Must have previous tennis experience for RallyBall II.**

*Instructor: South Bay Tennis Academy*

*Director: Todd Dissly*

| Course #  | Day | Date       | Time            | Age  | Mtg. | Loc. |
|-----------|-----|------------|-----------------|------|------|------|
| 382.2.618 | Sa  | 9/20-10/25 | 10:00-11:00am   | 8-12 | 6    | PM   |
| 382.2.626 | Sa  | 9/20-10/25 | 11:00am-12:00pm | 8-14 | 6    | PM   |

### Gym Star Toddlers

**\$80**

Be a gymnastic star! Learn cartwheels, rolls, and much much more! Taught by the professional staff from Dance Arts Academy. Show for parents on final class!

*Instructor: Dance Arts Academy*

| Course #  | Day | Date      | Time          | Ages | Mtgs | Loc. |
|-----------|-----|-----------|---------------|------|------|------|
| 382.2.333 | W   | 9/17-11/5 | 10:00-10:55am | 3-6  | 8    | CM   |

### Parent/Tot Dance & Gym

**\$80**

Child and parent will enjoy singing, dancing, and exercising in this class. Children acquire confidence and discipline, as well as strength and coordination. Parents must attend with registered child only.

*Instructor: Dance Arts Academy*

| Course #  | Day | Date      | Time          | Ages | Mtgs | Loc. |
|-----------|-----|-----------|---------------|------|------|------|
| 382.2.335 | W   | 9/17-11/5 | 11:00-11:55am | 1-3  | 8    | CM   |

### 'Winter Warriors' Soccer League

**\$68**

Join Kidz Love Soccer for games all summer long. Boys and girls will play along side their favorite teammates if a format of 6 vs. 6 play. This format provides players multiple touches on the ball, lots of running, and super soccer action! Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. The league emphasizes fun, competition, and learning. In addition players will receive a Summer Soccer League T-shirt. KLS Rain-out Hotline: 1-800-871-2275

No Class 11/29, 12/27

*Instructor: Kidz Love Soccer*

| Course #  | Day | Date      | Time        | Ages         | Mtgs. |
|-----------|-----|-----------|-------------|--------------|-------|
| 382.3.525 | Sa  | 12/6-1/17 | 2:00-2:45pm | Level 1 5-6  | 6     |
| 382.3.526 | Sa  | 12/6-1/17 | 3:00-3:45pm | Level 2 7-8  | 6     |
| 382.3.527 | Sa  | 12/6-1/17 | 4:00-5:00pm | Level 3 9-12 | 6     |

### 2008 Coed Flag Football- Ages 5-10

Join us for a FUN-petitive Flag Football at Camden Community Center. Kids have fun learning basic skills and meeting new friends in a sport where no score is kept. Flag Football fees include supplies, officials, equipment, t-shirt, award and end of season pizza party. All games are held at Camden Community Center on Saturdays. Practices are held 30 minutes prior to game. Game Schedules will be distributed during Skills Clinic. For more information call 408-559-8553

**Season:** Saturdays, Sept. 27- Nov. 15

**Players Clinic:** Saturdays, Sept. 27, 9:00am for 5-6 year olds; 11:00am for 7-8 year olds, and 1:00pm for 9-10 year olds. Players meet their coach and teammates, receive their t-shirts, and are introduced to the basic fundamentals of flag football. The clinic will be held at Camden Community Center. Coaches are encouraged to go through the clinic with their players.

**Cost:** \$29 per resident (includes t-shirt, award) \$59 per non-resident

**Location:** Games will be held at Camden Community Center

**Small-Sided Teams:** Players are placed on small-sided teams (less than 10 players on the field). Some benefits of playing on small-sided teams are: more time with the coach, increased number of contacts with the ball, and more actual playing time.

**Registration:** You may register in person at Camden Community Center, or you may register by mail. Space is limited.

**Teams:** Players will be placed on teams randomly. You may request to be on the same team as two other players, but you must register at the same time. We will not honor requests to be on a specific coach's team.



**Coaches Needed!** Parents who volunteer to coach will have the fee waived for one of their children. The coaches' meeting is on Wednesday September 24 at 7:00 pm, at Camden Community Center. The City of San José has a program through which potential volunteers with supervisory or disciplinary control over minors at recreational centers are fingerprinted. The fingerprints are then sent to the California Department of Justice and the Federal Bureau of Investigation for a criminal background check. Once you have been fingerprinted, you are eligible to volunteer for any sports league coaching assignment.

## SPECIALTY CLASSES

### Stranger Danger – Kid Escape Workshop – **New** \$43

In this 2 hour workshop, children of all ages will learn assertive ways of saying no to strangers, preventive things to do to discourage strangers who intend to do harm and self defense techniques to get away from a kidnapper. This program has recently been a feature on the Montel Williams Show. **Parent participation may be required.**

*Instructor: Recreation Plus*

| Course #  | Day | Date  | Time            | Age  | Mtg | Loc. |
|-----------|-----|-------|-----------------|------|-----|------|
| 382.2.249 | Sa  | 10/11 | 10:00am-12:00pm | 5-8  | 1   | CM   |
| 382.2.250 | Sa  | 10/11 | 1:00-3:00pm     | 9-12 | 1   | CM   |

### H.E.A.L. (Healthy Eating and Living)

#### Parent & Child Workshop – **New** \$43

Using the power of creative learning adventures, Recreation Plus will help kids take charge of growing up healthy, happy and fit. We hope to provide parents, and their child with the best in creative resources to help them make nutrition and health come alive in their settings. This two hour workshop will include interactive learning with tools from Foodplay group (an award winning child nutrition program), exercises designed so that anyone can participate, and hands on preparation with healthy foods and snacks.

*Instructor: Recreation Plus*

| Course #  | Day | Date  | Time            | Age  | Mtg | Loc. |
|-----------|-----|-------|-----------------|------|-----|------|
| 382.2.423 | Sa  | 10/25 | 1:00-3:00pm     | 9-12 | 1   | CM   |
| 382.2.253 | Sa  | 10/25 | 10:00am-12:00pm | 5-8  | 1   | CM   |

### Birds, Sea and Energy \$94

In this series of classes, we invite preschoolers to investigate the different shapes and structures found in nature. They will examine the invisible world and learn about reflection and symmetry. Then we take to the skies to help them discover details about our fine feathered friends, birds, as well as about those regular floral visitors, the butterflies. The children will also explore the sea shore and learn more about its various inhabitants. Additionally, we introduce them to the concept of energy so that they can begin to understand how movement really happens! Parents may observe from the back of the classroom!

*Instructor: Mad Science*

| Course #  | Day | Date      | Time         | Age | Mtg | Loc. |
|-----------|-----|-----------|--------------|-----|-----|------|
| 382.2.323 | Sa  | 9/27-11/1 | 9:30-10:15am | 3-5 | 6   | CM   |

## Employment Opportunities

Full-time and Part-time opportunities are listed online at

**[jobs.cityofsj.org](http://jobs.cityofsj.org)**

### Earth, Wind, Inspire

**\$129**

Neither rain, nor sleet, nor snow will prevent us from having a great time in this session of Mad Science. We'll learn all about weather as we explore meteorology, thunder and lightning, and clouds. Take a voyage to the center of the earth as we investigate how our planet formed and the forces that keep changing things. Discover how science is used to solve crimes, and take home your own I.D. kit. Learn all about pulleys, levers and catapults in Mad Science Machines and make your own Rocket Racer. Discover first-hand how movie special effects are created. Turn your kitchen into a virtual lab as you learn about the chemical reactions that take place there. Explore the science behind your favorite toys, as well as some that you may not have played with, but your parents probably did. You won't want to miss a minute of this exciting series! **Parents may observe from the back of the classroom!**

*Instructor: Mad Science*

| Course #  | Day | Date       | Time          | Age  | Mtg | Loc. |
|-----------|-----|------------|---------------|------|-----|------|
| 382.2.424 | Sa  | 9/27-11/15 | 10:30-11:30am | 5-12 | 8   | CM   |

### The Model Race Car Program

**\$164**

Please Note: Additional \$345 Material fee for Race Car kit. This special program will allow each student enrolled to build and keep their won radio control model car. This is a very fast paced course and will challenge any student interested in the mechanical work. Students will each design and spray paint two race car bodies, then build and tune their cars before learning how to race them. Students will have the opportunity to compete in the 2008 SRP Grand Prix and have the opportunity to race against students representing 22 other schools in the Bay Area in this event. All tools, materials, curriculum and spare parts are provided. **Program is for 6th-9th graders only. Materials Fee of \$345 is payable to Instructor at first class. Program is offered by Student Racing Partners: [www.student-racing.com](http://www.student-racing.com)**

*Instructor: Student-Racing Staff*

| Course #  | Day | Date       | Time        | Age   | Mtg | Loc. |
|-----------|-----|------------|-------------|-------|-----|------|
| 382.2.430 | F   | 9/19-11/21 | 4:00-7:00pm | 11-14 | 10  | CM   |

## ADULT CLASSES

### Are You at Risk for Falling? Workshop

**\$21**

Falls are the leading cause of injury among older adults. This fall prevention lecture focuses on the reasons older adults fall and the strategies available for reducing their risk for falling. Participants will learn simple assessments to determine their risk for falling, and discover easy ways to incorporate exercises into their lifestyle that may decrease their fall risk.

*Instructor: Life Sport Fitness*

| Course #  | Day | Date  | Time        | Age | Mtg | Loc. |
|-----------|-----|-------|-------------|-----|-----|------|
| 382.2.730 | W   | 10/15 | 6:30-8:00pm | 18+ | 1   | CM   |

### Yoga

**\$57**

Learn deep relaxation techniques that can remove the stress from your day in this beginning level yoga class. The basic moves of yoga can enhance you physically, mentally and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere.

*Instructor: Camp Carter International*

| Course #  | Day | Date       | Time        | Age | Mtg | Loc. |
|-----------|-----|------------|-------------|-----|-----|------|
| 382.2.710 | T   | 9/16-10/28 | 6:00-6:50pm | 16+ | 8   | CM   |





## ADULT CLASSES

### China Painting

**\$95**

Learn the techniques of painting on porcelain. Create jewelry boxes, plates, and tomorrow's treasures. The instructor will notify students of what and where to purchase supplies before the first class meeting. Cost of the supplies is approximately \$50 for beginners.

No Class 10/13

Instructor: Otey

| Course #  | Day | Dates      | Time        | Age | Mtg. | Loc. |
|-----------|-----|------------|-------------|-----|------|------|
| 382.2.719 | M   | 9/15-11/10 | 6:00-9:00pm | 16+ | 8    | CM   |

### Hatha Yoga

**\$95**

A contemporary blend of traditional and non-traditional Hatha Yoga. Class works on breathing, flexibility, endurance, strength, and relaxation. Students work at their own level. Wear loose clothing and bare feet. Bring a large towel.

Instructor: Jamello

| Course #  | Day | Dates      | Time         | Age | Mtg. | Loc. |
|-----------|-----|------------|--------------|-----|------|------|
| 382.2.720 | W   | 9/17-11/19 | 9:30-11:00am | 16+ | 10   | CM   |

### Boot Camp - New

**\$114**

Boot Camp works your entire body, heart and muscles by going from one exercise to another with no rest. The workouts involve calisthenics, pushups, jumping jacks, crunches and other body weight exercises. The difference lies in the intensity. Your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn lots of calories. You work your whole body in a short period of time. Each exercise is different so you don't get bored. You can fit this workout into a busy schedule because you can do it anywhere with little equipment and it can be as challenging as you want it to be. Indoor facility used.

Instructor: X-Body Fitness

| Course #  | Day  | Date        | Time         | Age | Mtg. | Loc. |
|-----------|------|-------------|--------------|-----|------|------|
| 382.2.721 | T/Th | 9/16-10/9   | 12:00-1:00pm | 16+ | 8    | CM   |
| 382.2.717 | T/Th | 10/14-11/16 | 12:00-1:00pm | 16+ | 8    | CM   |

### Pilates For Beginners

**\$57**

Pilates is a type of body conditioning that uses your own body's natural resistance to strengthen, tone and stretch your abdominal, back and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your energy. Students need to bring a mat with them to class.

Instructor: Camp Carter International

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.718 | T   | 9/16-11/4 | 7:05-7:55pm | 16+ | 8    | CM   |

### The World of Watercolor - New

**\$89**

Enjoy the wonderful world of painting by exploring the flowing medium of watercolor. See and translate the world around you in an easy and satisfying process. Each student may choose from a great selection of resource material provided by the instructor. You may complete 2-5 small paintings in this course. All levels of experience are encouraged, as the instructor works one-on-one with each student. A basic material list will be given out at registration.

Instructor: Le Baudour

| Course #  | Day | Date       | Time        | Age | Mtg. | Loc. |
|-----------|-----|------------|-------------|-----|------|------|
| 382.2.108 | Th  | 9/18-11/16 | 6:30-8:30pm | 18+ | 8    | CM   |

### Basic Calligraphy - New

**\$89**

This is a basic introduction to an ageless and beautiful script style of writing. It's an exciting, inspiring experience for any creative art-loving soul. Calligraphy offers many uses-copy a poem for a gift, make place cards, address wedding envelopes, and enhance your photo albums and more. No experience is necessary with one on one instruction. Students must provide their own basic set of pens and three nibs. Will be provided a list of recommended stores where supplies can be purchased. Practice sheets and alphabet samples will be provided by instructor.

Instructor: Le Baudour

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.109 | T   | 9/16-11/4 | 6:30-8:30pm | 18+ | 8    | CM   |

### Dog Obedience - New

**\$69**

Students will be taught to train their dogs to heel, sit, stay, down stay, stand for examination, recall and socialize. Owners will learn to problem solve and care for their dogs. Dogs must be at least 6 months old and be current with their shots and come to class with a leash on. Leash must be 6ft. lead. The instructor will share tips on health, grooming and responsible ownership. The first class will be an orientation for dog owners who must be at least 12 year old. Bring dog to first class.

Instructor: Green

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.112 | T   | 9/16-11/4 | 6:45-7:45pm | 12+ | 8    | CM   |

### My Dog Could Be A Therapy Dog!

**\$69**

Therapy Dogs International (TDI) provides qualified/certified dogs and handlers for visitations to institutions, facilities, and other places where THERAPY Dogs are needed. Studies show the immense value you provide by sharing your dog's comfort and companionship with patients in hospitals, nursing homes and other institutions. This course will provide instruction and home training plans that will prepare you and your dog for the evaluation testing required for certification. A certified TDI Evaluator will come to the final class for the certified testing for all qualifying participants. The dog must be at least 1 year old and proof of shots required (Rabies and DHLPP). A \$15 fee is required to be paid to the instructor for the test. Pre-requisite Basic Dog Obedience

Instructor: Green

| Course #  | Day | Date        | Time        | Age | Mtg. | Loc. |
|-----------|-----|-------------|-------------|-----|------|------|
| 382.2.726 | T   | 10/28-12/16 | 6:45-7:45pm | 16+ | 8    | CM   |

### Group Music

**\$85**

Now that you can read and play music, would you like the experience of playing in a group? This course will teach you how to follow a conductor's artistic directions such as tempo, dynamics, and articulations. It is intended for guitar, mandolin, violin, viola, cello, flute or recorder. Middle Ages through Classical period music will be provided. Please note your musical instrument on the registration form.

Instructor: Gibson

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.727 | Th  | 9/18-11/6 | 7:00-8:00pm | 16+ | 8    | CM   |



**Basic Hula****\$79**

Learn the graceful art of the Hawaiian hula! In this basic class, students learn the basic hand and hip movements as they "tell a story". Students are able to gain an understanding of body awareness, grace and coordination - while getting exercise. Students also learn about the Hawaiian culture, language, and traditions as they learn to dance 1-2 songs. Students should wear loose, layered, comfortable clothing and should be wearing a hip wrap (pareo). Bring a hand towel and some water.

*Instructor: Gibson*

| Course #  | Day | Date      | Time          | Age | Mtg. | Loc. |
|-----------|-----|-----------|---------------|-----|------|------|
| 382.2.712 | Sa  | 9/20-11/8 | 9:30-10:30 am | 12+ | 8    | CM   |

**Basic Tahitian Dance****\$79**

Tahitian dance is an invigorating dance from French Polynesia. In Tahitian dance, the emphasis is primarily on learning to isolate hip movements and hand/hip coordination. Students will learn a Tahitian drum dance (otea) or an aparima (Tahitian hula) while learning more about the French Polynesian culture, language and traditions. Students should wear loose, layered, comfortable clothing and should be wearing a hip wrap (pareo). Bring a hand towel and some water.

*Instructor: Gibson*

| Course #  | Day | Date      | Time          | Age | Mtg. | Loc. |
|-----------|-----|-----------|---------------|-----|------|------|
| 382.2.711 | Sa  | 9/20-11/8 | 10:45-11:45pm | 12+ | 8    | CM   |

**Treadmill Class****\$95**

You'll be challenged with intervals of cardio, with hills, fast-paced endurance. Be prepared to work! Continuous cardiovascular workout from slow to fast intensity.

*Instructor: Sam*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.714 | W   | 9/17-11/5 | 5:30-6:30pm | 18+ | 8    | CM   |

**Square Dancing Program \$5 per Adult/\$2.50 per Senior**

The Mayo Clinic has studied the cardio benefits of this dance form and given it a thumbs up for a way to get fit and stay healthy. Enjoy the variety and action of modern western square dancing. You will be dancing right away! The caller sings directions set to many different types of music. The eight dancers in each square act as a team to complete the calls. Moving in rhythm to the music helps you to become physically fit. Reacting quickly to the calls keeps you mentally alert. Dancing in teams is a great way to meet new people and make new friends. Enjoy the moving patterns of the dance and forget your worries of the day. Open to singles and couples. No experience or special costume required. Wear comfortable, non marring shoes. **Call 408-559-8553 for more information. Program meets on Thursday evenings from 6:30-9:00pm. Begins September 4th.**

*Caller: Roger Smith***Guitar, Beg for Adults****\$85**

Beginning Guitar is a course designed to teach you guitar tuning, note reading, scales, chords, music fundamentals, and fingerstyle/pickstyle playing techniques. In addition, each class will have music for everyone to play together. This course will include the music lesson book, *Guitar Today - Book One*, by Jerry Snyder.

*Instructor: Gibson*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.723 | W   | 9/17-11/5 | 6:30-7:30pm | 16+ | 8    | CM   |

**Guitar, Advanced for Adults****\$85**

Advanced Guitar is a course designed to give guitar players an opportunity to sight read and perform works from a variety of periods and composers in duet, trio, or quartet form. This course will include an end-of-the-session performance.

*Instructor: Gibson*

| Course #  | Day | Date      | Time        | Age | Mtg. | Loc. |
|-----------|-----|-----------|-------------|-----|------|------|
| 382.2.724 | W   | 9/17-11/5 | 7:45-8:45pm | 16+ | 8    | CM   |

**Stretching****\$89**

Stretching relaxes your mind and makes the body feel more relaxed. You will increase your range of motion; help prevent injuries, as you stretch various parts of the body with this workout.

*No Class 11/26**Instructor: Sam*

| Course #  | Day | Date       | Time        | Age | Mtg. | Loc. |
|-----------|-----|------------|-------------|-----|------|------|
| 382.2.763 | W   | 9/17-10/22 | 6:00-7:00pm | 18+ | 6    | CM   |
| 382.2.764 | W   | 11/5-12/17 | 6:00-7:00pm | 18+ | 6    | CM   |

**Beginning Tennis****\$69**

Learn to play tennis. Tennis has never been easier to play and learn. By using NEW progression tennis balls and a games-based approach to learning you will be able to rally the ball in the first hour of the very first class! Weather Condition-check 1 hour prior to class at 408-746-3685 for updated information. If the message is the standard greeting, than class is on. Classes will be made up at the end of the session.

*No Class 10/13**Instructor: South Bay Tennis Academy**Director: Todd Dissly*

| Course #  | Day | Date       | Time            | Age | Mtg. | Loc. |
|-----------|-----|------------|-----------------|-----|------|------|
| 382.2.601 | M   | 9/15-10/27 | 9:00-10:00am    | 16+ | 6    | PM   |
| 382.2.602 | M   | 9/15-10/27 | 11:00am-12:00pm | 16+ | 6    | PM   |
| 382.2.603 | T   | 9/16-10/21 | 10:00-11:00am   | 16+ | 6    | PM   |
| 382.2.604 | T   | 9/16-10/21 | 11:00am-12:00pm | 16+ | 6    | PM   |
| 382.2.605 | Th  | 9/18-10/23 | 9:00-10:00pm    | 16+ | 6    | PM   |
| 382.2.606 | Th  | 9/18-10/23 | 11:00-12:00pm   | 16+ | 6    | PM   |
| 382.2.607 | F   | 9/19-10/24 | 10:00-11:00am   | 16+ | 6    | PM   |
| 382.2.608 | F   | 9/19-10/24 | 11:00am-12:00pm | 16+ | 6    | PM   |
| 382.2.630 | Sa  | 9/20-10/25 | 8:00-9:00am     | 16+ | 6    | PM   |

**Intermediate Tennis****\$69**

Previous tennis experience is required. The lessons are fast-paced but always have a review of the previous lesson. The goal of each lesson segment is to introduce one or more skills necessary to play tennis. Weather Condition-check 1 hour prior to class at 408-746-3685 for updated information. If the message is the standard greeting, than class is on. Classes will be made up at the end of the session.

*No Class 10/13**Instructor: South Bay Tennis Academy**Director: Todd Dissly*

| Course #  | Day | Date       | Time          | Age | Mtg. | Loc. |
|-----------|-----|------------|---------------|-----|------|------|
| 382.2.609 | M   | 9/15-10/27 | 10:00-11:00am | 16+ | 6    | PM   |
| 382.2.610 | T   | 9/16-10/21 | 9:00-10:00am  | 16+ | 6    | PM   |
| 382.2.611 | Th  | 9/18-10/23 | 10:00-11:00am | 16+ | 6    | PM   |
| 382.2.612 | F   | 9/19-10/24 | 9:00-10:00am  | 16+ | 6    | PM   |



## ADULT CLASSES

### Zumba-Drop in Program **\$10/Mtg.**

This class is an hour of calorie-burning and body sculpting, dance combo class set to Latin, African, Arabic and Hindu music. Come join the dance party! Our instructor is a certified Zumba Instructor and personal Fitness Coach.

*Instructor: Arlete Sam*

| Course #  | Day | Date    | Time        | Age | Mtg. | Loc. |
|-----------|-----|---------|-------------|-----|------|------|
| 382.2.765 | M   | Ongoing | 7:15-8:15pm | 18+ | 8    | CM   |

### Gentle Yoga **\$95**

Sequences of postures linked by breath stretch the body, assign poses in response for the students new to the yoga practice. Develop flexibility, balance and relaxation.

*Instructor: Sam*

| Course #  | Day | Date       | Time         | Age | Mtg. | Loc. |
|-----------|-----|------------|--------------|-----|------|------|
| 382.2.713 | W   | 9/17-11/19 | 6:45-7:45 pm | 18+ | 10   | CM   |

## YOUNG PEOPLE'S THEATRE

Note: Please refer to the Children's Theater information on page 46 for performing arts programs.

## AQUATICS PROGRAMS

For information on Aquatics programs at Camden see page 47.



## Camden Youth Center

3369 Union Ave., San José 95124

Phone: 408-559-8553

Fax: 408-559-1203

Contact Person: Jeff Ford

Email: [jeff.ford@sanjoseca.gov](mailto:jeff.ford@sanjoseca.gov)

Bus Lines: 62, 37, 101, 330, 328

Types of Programs: Drop-In Youth Center, Sports Leagues, Youth Advisory Council, Fitness Programs, Lego League Robotics, Arts & Crafts, Girls Club, and Special Events for youth ages 11-17.

## DROP-IN

**Mon-Thurs 2:00-6:00pm • Friday 3:00-8:00pm**

**\$20/year for your CYCard**

### CYC Membership Benefits:

- Discounts to Middle School & High School Dance Parties
- Discounts to THE DEN live music shows • Friday Night Movie Nights
- Field Trips • Basketball League

### Camden Youth Center Drop-In

The CYC is open to all youth who want a safe and fun place to come hang out after school. We have pool tables, table tennis, indoor B-ball hoops, board games, Wii, XBOX 360, PS2, LCD flat screens, foosball, air hockey, movie lounge, tournaments, and more!

- Middle School & High School Dances • Field Trips • Winter Snow Trips
- Summer Camps • Music Jam • Movie Nights • THE DEN - Band Nights
- Arts & Crafts • Wireless Internet Access • Sports Leagues • Girls Club
- Community Service

## SPECIALTY PROGRAMS

### Job Placement

**Free**

Looking for a job and don't know where to start? Do you need help putting together your resume. We stock many applications from local businesses, so come on in and let us know where you would like to apply. The CYC Staff will sit down with you and help you through your application and resume process

### District 9 Youth Advisory Council

Are there changes that you want to make in your local community? Well, then let your voice be heard in the District 9 Youth Advisory Council. YAC members help advise the local District 9 City Councilmember, Judy Chirco, on issues that concern youth in our community. YAC members learn valuable leadership skills while they help organize and implement events, fundraisers, and clubs for their peers. The D9 YAC puts on events such as high school band nights, middle school dances, concession stands, read-a-thons, youth speakout forums, art shows, and more! For more information please contact Mario Day at 408-559-7542. **Meets on the 3rd Tuesday of the month at 7:00-8:00pm.**